Keen Eye on the Small Fry

MN-000-14

Objective

Clients will list at least one healthy food which they will have each day while they are pregnant.

Materials

- Flip chart or black board
- Magic markers
- Pencils or pens for each person in class
- Video, *Keen Eye on the Small Fry*
- Handout, *A Healthy Weight Gain for My Baby and Me*, for everyone in class
- *Healthy Foods for My Baby and Me,* stock no. 13-06-12495 (bilingual), for everyone in class
- Measuring spoons and cups
- Optional: Any food models which you have of the grains, vegetables, fruits, dairy products, meats and beans groups listed on the attached handout
- Other pamphlets you may provide for clients to take:
  - *Eating for You and a Healthy Baby Too!* stock no. 13-197, 13-197a and 13-197v
  - *A More Comfortable Pregnancy*, stock no. 13-172, 13-172a and 13-172v
  - *Food Safety Guidelines for Women*, stock no. 13-06-12145 and 13-06-12145a
  - *Smoking, Your Baby and You*, stock no. 13-06-12263 and 13-06-12263a
  - *To the Pregnant Woman Who Is Gaining Too Much Weight*, stock no. 13-77
  - *To the Pregnant Woman Who Is Not Gaining Enough Weight*, stock no. 13-78

Icebreaker

What do you wish for your baby? (It can be a wish for something at birth or, as your baby grows older.) **Would anyone like to share your wishes with us?** Write them on the flip chart or black board. If no one says anything, you could mention that many women wish for a healthy baby.

Introduction

We have a video today that covers how to take care of yourself and your baby while you are pregnant. The video covers many health issues. You may find answers to some of the questions you have had about your pregnancy or learn some information that will surprise you. Show the video.

Say something like

The video covers a lot of topics, more than we can cover in one class. I have pamphlets here for you to take on many of the topics covered in the video. After class you can take any that interest you. Today we are going to talk about healthy eating and a healthy weight gain.

Eating well and gaining a healthy amount of weight during pregnancy is something you can do for you and your baby. Taking care of your health is very important; your baby needs a healthy mother to take care of her.

Here is a handout, *A Healthy Weight Gain for My Baby and Me.*
(Pass out the handout.)

Take a look at the picture. The picture shows a woman who gained 29 pounds during her pregnancy and where the 29 pounds went on her body.

How much of the weight gained came from fat, protein and other nutrients on the mother? (7 pounds) **The protein that they mention is extra muscle needed to carry the baby. Take a look at all of the other parts of the weight gained.** (Go over the weight gain components listed around the picture.) **You can see that by gaining just the healthy weight recommended for you, you will not be left with extra weight months after your pregnancy.**

By gaining a healthy amount of weight, you help your baby to be healthy and grow well. For your own health, you do not want to gain a lot of extra weight that you will need to lose later.

What kinds of food do you think you should eat less of? (Chips, French fries, sodas, pan dulces, cookies, doughnuts, pies, pastries or any food high in fat or sugar.)

Here is another handout that shows the healthy foods you need everyday during pregnancy. (Pass out *Healthy Foods for My Babe and Me*.) **It shows foods that will help you stay healthy during pregnancy and help your baby grow.**

Note:

- You must discuss a minimum of four of the food groups listed below during the class. If you do not discuss all of them, select the ones that are most important to the quality of the diets in your area.
- If a woman eats all the foods in the amounts listed on the handout, she will not get all the calories she requires each day. For that reason, let women know that they need to eat to satisfy hunger, but it is best to choose additional foods that are healthy.

Look at the list of grains. What would make a good snack on this list? (Three cups popcorn – watch the salt and fat- or dry WIC cereal.) **Think about what you ate yesterday. How many people had about 6 or 7 of the things on this list?** Tell everyone that raises their hands that they are doing a fantastic job**. If you have more than 7 grains everyday, you may want to cut back on grains and add in some of the other healthy foods your baby needs.**

Look at the vegetable list. Here is a measuring up. (Show it to the class. Point out that for salad greens, 2 cups count the same as 1 cup of other vegetables**.)**

How many people have 2½ to 3 cups of vegetables a day? You can raise your hands. (If anyone raises their hand you could say: **Let's give them a round of applause. Very few people eat enough of these healthy foods each day. You are doing great.)**

Many people do not get the vegetables that they need. Can anyone give us some ideas on how to get more? (Have a snack of vegetables and low fat dip, carry cut up vegetables in a plastic bag with you when you go out of the house, put tomatoes on a sandwich, have a vegetable sandwich, eat vegetable soup, put them in rice or casseroles.)

Now look at the fruit list. You need 1½ to 2 cups a day. (Hold up the measuring cup.)

Let's look at what counts like 1 cup. (Use the ½-measuring cup to show them the amount of dried fruit and any food models you have.)

Who got enough fruit yesterday? (Congratulate those that did.)

See what is on the oil list. (You could read the list of healthy oils.)

These are all healthy oils, but you only need 5 to 7 teaspoons of them a day. (Show the class the teaspoon.)

Remember that many foods like crackers are made with fats or oil. Other foods like ground meats have fat in them. And avocados or nuts also have oils in them. You are getting oils and fats each day in foods without using any of the oil, salad dressing or margarine on the list.

Next are milk and other dairy products. You can see that how much you need depends on your age. If you are under 20, have four cups a day; if you are 20 or older, you need three. (Show the cheese models if you have them.) **How could you add in dairy products if you need more?** (Add cheese to sandwiches or salads, make canned soups with milk.)

Check out the list of meats and beans. See how big a 3 ounce serving of meat is (a deck of cards)**. And 1 tablespoon of peanut butter counts as an ounce of meat.** (Show what a tablespoon looks like**.**) **Did you have enough of these foods yesterday to give you 5 to 6½ ounces?**

When you eat all these foods in the amounts , you may still be hungry. Choose healthy foods when you need something else to eat for a meal or a snack. Limit high fat and high sugar treats to 2 or 3 a week. It is best for your health and the health of your baby.

Can everyone take a pencil (pen)and write down the wish or wishes you have for your baby on the back of the black and white handout. Will you also write one or more healthy foods that you will have each day.

What else did you learn about being healthy during pregnancy from the video? (Answers could include avoid second hand smoke, avoid alcoholic beverages, keep all doctor appointments, or have iron rich foods each day.)

Then read the titles of the pamphlets which you have available for people to take on the other topics covered in the video. Answer any questions.

Tres por el bien de los bebés

MN-000-14

Objective

Clients will list at least one healthy food which they will have each day while they are pregnant.

Materials

- Flip chart or black board
- Magic markers
- Pencils or pens for each person in class
- Video, *Tres por el bien de los bebés*
- Handout, *Un aumento de peso saludable para mi bebé y para mí*, for everyone in class
- *Alimentos saludables para mi bebé y para mí,* stock no. 13-06-12495 (bilingual), for everyone in class
- Measuring spoons and cups
- Optional: Any food models which you have of the grains, vegetables, fruits, dairy products, meats and beans groups listed on the attached handout
- Other pamphlets you may provide for clients to take:
  - *Eating for You and a Healthy Baby Too!* stock no. 13-197, 13-197a and 13-197v
  - *A More Comfortable Pregnancy*, stock no. 13-172, 13-172a and 13-172v
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  - *To the Pregnant Woman Who Is Not Gaining Enough Weight*, stock no. 13-78

Icebreaker

¿Qué desea para su bebé? (Puede ser un deseo para cuando nazca o mientras vaya creciendo). **¿A alguien le gustaría compartir con nosotros sus deseos?** Write them on the flip chart or black board. If no one says anything, you could mention that many women wish for a healthy baby.

Introduction

Hoy tenemos un video que habla de cómo cuidarse y cuidar a su bebé mientras está embarazada. El video trata muchos temas sobre la salud. Podrá obtener respuestas a algunas de las preguntas que tiene sobre su embarazo, o aprender alguna información que le sorprenderá. Show the video.

Say something like

El video trata muchos temas, más de los que podemos tratar en una clase. Tengo folletos para que se los lleven sobre muchos de los temas que se tratan en el video. Después de la clase pueden llevarse los que les interesen. Hoy vamos a hablar sobre cómo comer y aumentar de peso saludablemente.

Comer bien y aumentar una cantidad saludable de peso durante el embarazo es algo que ustedes pueden hacer para ustedes y sus bebés. Es muy importante cuidar su salud; su bebé necesita una madre sana que pueda cuidarlo.

Aquí tienen una hoja informativa, ***Un aumento de peso saludable para mi bebé y para mí.*** (Pass out the handout.)

Vean la foto. La foto muestra a una mujer que aumentó 29 libras durante su embarazo y dónde se acumularon las 29 libras.

¿Qué parte del aumento de peso proviene de grasas, proteínas y otros nutrientes? (7 libras) **La proteína que mencionan es músculo adicional necesario para cargar al bebé. Vean todas las otras partes del aumento de peso.** (Go over the weight gain components listed around the picture.) **Pueden ver que con aumentar solo el peso saludable recomendado para ustedes, no tendrán peso de más meses después del embarazo.**

Al aumentar una cantidad saludable de peso, ustedes pueden ayudar a sus bebés a estar saludables y a crecer bien. Para su propia salud, no deben aumentar mucho peso de más que tendrán que bajar después.

¿Qué tipos de alimentos creen que tienen que comer menos? (Papitas, papas fritas, refrescos, pan dulce, galletas, donas, pays, panes o cualquier alimento alto en grasas o azúcar).

Aquí tienen otra hoja informativa que muestra los alimentos saludables que necesitan a diario durante el embarazo. (Pass out *Healthy Foods for My Babe and Me.*) **Muestra los alimentos que les ayudarán a mantenerse saludables durante el embarazo y que ayudarán a sus bebés a crecer.**

Note:

- You must discuss a minimum of four of the food groups listed below during the class. If you do not discuss all of them, select the ones that are most important to the quality of the diets in your area.
- If a woman eats all the foods in the amounts listed on the handout, she will not get all the calories she requires each day. For that reason, let women know that they need to eat to satisfy hunger, but it is best to choose additional foods that are healthy.

Vean la lista de granos. ¿Cuál sería un buen bocadillo en esta lista? (Tres tazas de palomitas, cuidado con la sal y grasa, o cereal seco de WIC). **Piensen en lo que comieron ayer. ¿Cuántas personas comieron entre seis y siete cosas de esta lista?** Tell everyone that raises their hands that they are doing a fantastic job**. Si comen más de siete granos cada día, reduzcan el consumo de granos y agreguen otros alimentos saludables que su bebé necesita.**

Vean la lista de verduras. Aquí tienen unas medidas. (Show it to the class. Point out that for salad greens, 2 cups count the same as 1 cup of other vegetables**.)**

¿Cuántas personas comen de 2½ a 3 tazas de verduras al día? Levanten la mano. (If anyone raises their hand you could say: **Un aplauso para ellas. Muy poca gente come lo suficiente de estos alimentos saludables todos los días. Está muy bien.**

Hay muchas personas que no comen las verduras que necesitan. ¿Alguien puede darnos ideas de cómo comer más? (Have a snack of vegetables and low fat dip, carry cut up vegetables in a plastic bag with you when you go out of the house, put tomatoes on a sandwich, have a vegetable sandwich, eat vegetable soup, put them in rice or casseroles.)

Ahora miren la lista de la fruta. Necesitan de 1½ a 2 tazas al día. (Hold up the measuring cup.)

Veamos qué cuenta como una taza. (Use the ½-measuring cup to show them the amount of dried fruit and any food models you have.)

¿Quién comió suficiente fruta ayer? (Congratulate those that did.)

Veamos qué hay en la lista de aceites. (You could read the list of healthy oils.)

Estos son aceites sanos, pero tan solo necesitan de 5 a 7 cucharaditas al día. (Show the class the teaspoon.)

No olviden que muchos alimentos como las galletas saladas están hechos con grasas o aceite. Otros alimentos como la carne molida contienen grasa. Y los aguacates o nueces contienen aceites. Están comiendo aceites y grasas cada día en los alimentos sin usar nada del aceite, aderezo para ensaladas ni margarina de la lista.

A continuación tenemos la leche y otros productos lácteos. Pueden ver que la cantidad que necesitan depende de su edad. Si tienen menos de 20 años, tomen 4 tazas al día; si tienen de 20 años en adelante, necesitan 3 tazas. (Show the cheese models if you have them.) **¿Cómo pueden agregar productos lácteos si necesitan más?** (Add cheese to sandwiches or salads, make canned soups with milk.)

Vean la lista de carnes y frijoles. Vean qué tan grande es una porción de carne (un juego de baraja). **Y una cuchara de crema de cacahuate cuenta tanto como una onza de carne.** (Show what a tablespoon looks like.) **¿Ayer comieron suficientes alimentos de estos para darles de 5 a 6½ onzas?**

Cuando coman todos estos alimentos en las cantidades mencionadas, puede ser que todavía tengan hambre. Escojan alimentos saludables cuando necesiten algo más para acompañar una comida o bocadillo. Limiten los alimentos altos en grasa y azúcar a dos o tres por semana. Es lo mejor para su salud y para la de sus bebés.

Agarren un lápiz (una pluma) y anoten el deseo o deseos que tienen para sus bebés en el reverso de la hoja informativa en blanco y negro que les di. Anoten también uno o más alimentos saludables que comerán cada día.

¿Qué más aprendieron del video sobre la salud durante el embarazo? (Answers could include avoid second hand smoke, avoid alcoholic beverages, keep all doctor appointments, or have iron rich foods each day.)

Then read the titles of the pamphlets which you have available for people to take on the other topics covered in the video. Answer any questions.

A Healthy Weight Gain for My Baby and Me

Gaining a healthy amount of weight during pregnancy is important for you and your baby. Your weight gain helps your body support the healthy growth of your baby .

Where Does the Weight Go?

Breasts _____ 2 pounds

Amniotic fluid (water around baby) ____ 2 pounds

Womb _____ 2 pounds

Baby_____7.5 pounds

Placenta (food & oxygen to baby) _____1.5 pounds

Blood_____ 3 pounds

Fat, protein & other nutrients _____ 7 pounds

Retained water___ 4 pounds

Total = 29 pounds

You may gain more or less than 29 pounds, depending on your weight before pregnancy. Women who were very overweight before pregnancy may gain as little as 15 pounds. Women who were underweight before pregnancy may gain up to 40 pounds. Women at a normal weight can gain 25–35 pounds. ***No one should lose weight during pregnancy.***

Most women gain 2 to 5 pounds in the first three months of pregnancy. Then weight gain is 1 to 2 pounds each week for the rest of the pregnancy. If you were overweight or under weight before you were pregnant, talk to your health care provider about the weight gain that is best for you.

My wish for my baby:

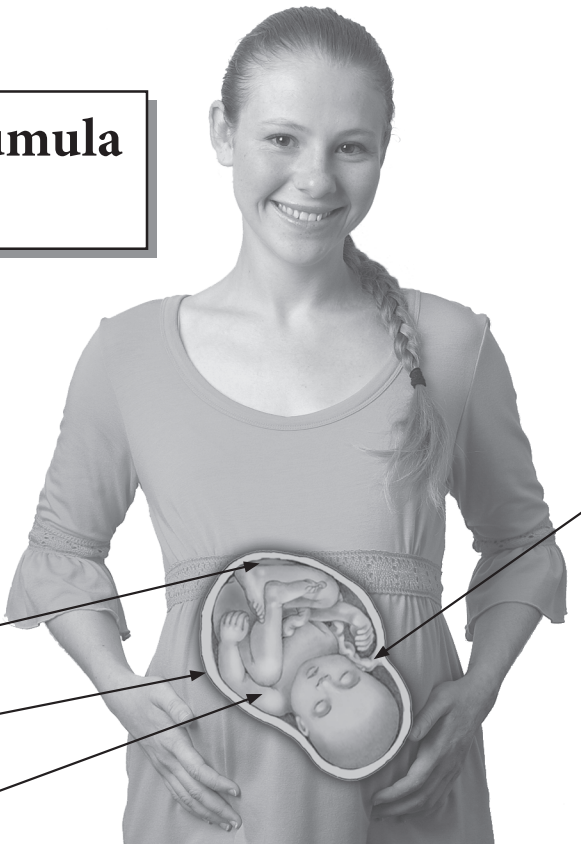
Healthy foods I will have each day for me and my baby:

Un aumento de peso saludable para mi bebé y para mí

Aumentar una cantidad sana de peso durante el embarazo es importante para usted y su bebé.

El aumento de peso ayuda a su cuerpo a apoyar el crecimiento sano del bebé.

¿Dónde se acumula el peso?



Pechos _____2 libras

Líquido amniótico (el agua alrededor del bebé) _2 libras

Matriz _____2 libras

Bebé_____ 7.5 libras

Placenta (alimentos y oxígeno para el bebé) _____ 1.5 libras

Sangre _____3 libras

Grasa, proteína y otros nutrientes _____7 libras

Agua acumulada ___4 libras

Total = 29 libras

Es posible que aumente más o menos de 29 libras según su peso antes del embarazo. Las mujeres que pesan más de lo que deben pesar antes del embarazo pueden aumentar tan poco como 15 libras. Las mujeres que pesan menos de lo que deben pesar antes del embarazo pueden aumentar hasta 40 libras. Las mujeres de peso normal pueden aumentar de 25 a 35 libras. ***Nadie debe bajar de peso durante el embarazo.***

La mayoría de las mujeres aumentan de 2 a 5 libras en los primeros tres meses del embarazo. Luego, aumentan de 1 a 2 libras cada semana durante el resto del embarazo. Si usted pesaba más o menos de lo que debería pesar antes del embarazo, hable con su proveedor de atención médica sobre el aumento de peso apropiado para usted.

Mi deseo para mi bebé:

Alimentos saludables que mi bebé y yo comeremos todos los días:

Keen Eye on the Small Fry
NE LESSON CODE - MN-000-14
Staff Survey

LA# _____ **DATE _____**

1. **Was the lesson easy to read and follow?**
   ☐ **Yes** ☐ **No**

2. **Did you like the video included with this lesson?**
   ☐ **Yes** ☐ **No**

3. **Did you like the weight gain handout included with this lesson?**
   ☐ **Yes** ☐ **No**

4. **What did you like best about this class?**

   _____

   _____

   _____

5. **What would make the class better?**

   _____

   _____

   _____

6. **How well did participants respond to the class? Participation was (check one)**
   ☐ **Good** ☐ **Negative** ☐ **Indifferent**

7. **Do you plan to use this lesson again?**
   ☐ **Yes** ☐ **No**

Please put additional comments on the back of this page.

Complete this Staff Survey and the attached Participant Surveys the first few times a new lesson is presented. Only 10-20 participant surveys need to be completed. Mail the completed surveys to:

Delores Preece
Nutrition Education/Clinical Services Section
Department of State Health Services
1100 West 49th Street
Austin, Texas 78756

Keen Eye on the Small Fry
NE LESSON CODE - MN-000-14
Participant Survey

LA# _____ **DATE _____**

1. **How much did you like this class?**
   - ☐ **A lot**
   - ☐ **A little**
   - ☐ **Not at all**

2. **What change do you plan to make to your own eating habits after this class?**

   _____

   _____

   _____

3. **What is the most useful thing you learned from the class today?**

   _____

   _____

   _____

4. **What would make this class better for you?**

   _____

   _____

   _____

5. **Comments:**

   _____

   _____

   _____

Thank you for your answers!

Tres por el bien de los bebés
NE LESSON CODE - MN-000-14
Encuesta del participante

LA# _____ **FECHA _____**

1. **¿Cuánto le gustó esta clase?**
   - ☐ **Mucho**
   - ☐ **Un poco**
   - ☐ **Nada**

2. **¿Qué cambios planea hacer en sus hábitos alimenticios después de esta clase?**

   _____

   _____

   _____

3. **¿Qué fue lo más útil que aprendió en la clase hoy?**

   _____

   _____

   _____

4. **¿Qué haría que esta clase fuera mejor para usted?**

   _____

   _____

   _____

5. **Comentarios:**

   _____

   _____

   _____

¡Gracias por sus respuestas!